4: Hobley G-5 (ca. 1900) 1902 FL11 Luo FL11

524 *Games.*—They play a kind of *bau* with sixteen holes; they put three small stones in each hole. The boys play a kind of hockey with a wooden ball.

727 Upon return from war about two out of every three cattle go to the chief; the chief then divides his share of the cattle with his brothers, and a man who has distinguished himself in war is given a reward of cattle by the chief. A man who distinguishes himself in war is also often given a wife without payment.

262 *Food, etc.*—They eat practically all meat except that of the hyæna. Some young men eat leopard meat to make them fierce in fighting; the meat of a serval cat is not eaten. The women do not eat fowls; some women do not eat sheep and eggs; some eat hippopotamus meat, some not; women do not drink milk, but eat it cooked with food. They have a curious custom of mixing cow's urine with the [272 826] milk of the cow; the urine is allowed to stand a day or two to increase its flavour; they say it increases the amount of the butter and gives it a nice flavour, and it is moreover supposed to have a medicinal effect. The crested crane (*Balearica gibbericeps*) is never killed or eaten by these people.

752 757 *Medicine, etc.*—They pierce the chest until the lung is reached for chest complaints, and they even sometimes cut a small piece out of the lung through the aperture. They have medicine for wounds and for arrow poison, also for ulcers and for purging, but not for diarrhœa. They also have medicine to avert [164] a threatened miscarriage. They profess to have a certain antidote for snake poison.[1] Venereal disease is practically unknown among the Ja-Luo.

789 Before going to war they often eat the outer seed case of a certain tree, and this is supposed to ensure their return unwounded; it is called *Ochola.*

728 *Peace ceremonies.*—They kill a sheep and put part of it into a wooden mortar used for crushing grain, and the representative of each side takes out a piece and gives it to the opposite side. An old man from the side that is beaten will go to the village of the chief of the enemy and proceed to sweep up the cattle boma; this will be accepted as a sign of submission.

231 *Killing animals for food.*—They kill oxen by sticking a knife into the jugular vein; the head of the beast must be pointed to the west during the operation. Sheep and goats are killed the same way. Fowls are strangled.

428 768 *Succession customs, etc.*—When a man dies the property goes to the brother if the children are small; if the eldest son is grown up he takes the property and gives his brothers a share; but a son is not allowed to take the amount paid by anyone who marries one of his sisters; this amount all goes to the father's brother. The brother of the deceased takes the wives, but the eldest son will probably take the youngest wife of his deceased father.

[1] After considerable difficulty I obtained specimens of the plants said to be used as antidotes for snake poison, and Dr. Rendle, of the Botanical Department, British Museum, has kindly identified the plants for me. One plant, named *Phytolacca Abyssinica*, is used internally, an infusion being made from the leaves. The other plant, *Ipomœa palmata*, is used externally, a plaster of the macerated leaves being placed on the wound. I have not been able to discover the physiological action of these plants.

LUO CUSTOMS WITH REGARD TO ANIMALS (WITH PARTICULAR REFERENCE TO CATTLE).

By Walter Odede,*

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The Significance of Stock to the Luo.

231 521 The Luo are both pastoral and agricultural people, and so any discussion involving a group of young and old men with regard to the relative importance of animals and crops usually results in an endless debate. As a rule the view is unanimously held by the elders that animals are more important to them than crops; but the young men will often support crops, because since the advent of Europeans to the country the Government has introduced cash crops which are easily grown and marketed to obtain such articles as clothes, soap, lamps, etc. The elders on the other hand support their argument by saying that during a very bad famine poor people die unless they become the servants of cattle-owners who live comparatively normally during hard times. They urge that children brought up in homes where there is plenty of milk grow up finer and more handsome [753] than those in homes where there is only grain. Again those who stress the importance of animals, go so far as to say that women in poor homes develop scaly backs. Poor homes for the [511] Luo are homes where, no matter how much grain is stored, there are no cattle, and women usually run away from such homes. Strictly speaking, the word "rich," when used by a typical Jaluo, signifies a man with a large number of stock.

231 The chief animals owned by the Luo are cattle, goats, sheep and poultry. In discussing the importance and uses of these animals to the people of this tribe it would probably be better to take each of them separately.

262 Cattle produce milk which is a valuable and nourishing food and which has other important uses besides being drunk as such. From it the Luo make butter which is used by women and old men for anointing their bodies. Besides this, butter can be turned into ghee which is the favourite animal product used in cooking. Fresh or whole milk is not drunk by the Luo [272 753] unless it is mixed with a little sourmilk or buttermilk which has been treated with cow urine. The reason why the milk is not drunk pure is because it is believed that this practice is the cause of human tapeworm infestation. Women and girls who have passed the age of puberty do not drink milk. Stored

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When a cow calves about two days are allowed to pass while the calf is suckled before milking commences. The milk obtained from the cow during the first two weeks or until the umbilical cord of the calf drops, is all drunk by young men in the village. This milk is stored in a pot in which a little buttermilk, which has been treated with urine, has been placed. As mentioned before the Luo believe that drinking fresh whole milk is the cause of tapeworm infestation, and the buttermilk is added to the fresh milk so as to eliminate this danger. When the umbilical cord of the calf has dropped the woman who owns the cow is allowed to use the milk for churning butter. The roots of a plant known in Luo as *obuwo* is added to the churning calabash as a preserving agent because fresh milk is stored in the calabash for about twelve to twenty-four hours before churning. During the churning process a little bovine urine, which has been stored for a few days, is added to the milk to accelerate the formation and facilitate the separation of the butter. This urine is also believed to be a good preservative for both the butter and the buttermilk, which will be stored for use in cooking various kinds of food. On the day the first butter is made into ghee, a little of the ghee is fed to the calf and the rest eaten by a group of people in the house. The reason why a sample of the first ghee is given to the calf is not very clear; but some people say that it protects the calf from developing diarrhoea and indigestion when the later butter of the dam is boiled and made into ghee. They believe that otherwise the boiling of the butter during ghee-making would cause diarrhoea in the calf. 233 [272] 234 [824] [237]

Milking is done twice a day, in the morning and evening, by the boys and young men. Girls, women and old men are only allowed to milk in homes where there are no young men. Before commencing milking, the calf is allowed to suck its dam for a minute. It is then tied in front of the dam while she is milked. After some milk has been drawn the calf is allowed to suck for another minute and then re-tied while more milk is taken. Finally, the calf is allowed to suck and stay with the dam for about an hour, after which it is separated from the mother for at least ten hours before the next milking.

If a cow is slow to wean her calf a method used for drying her off is to fix a muzzle (*osembo*) on which strong thorns are fixed around the mouth of the calf so that when it tries to suck, the thorns prick the dam and cause her to kick the calf away. Another device is to smear the teats of the dam with cow dung, the taste of which stops the calf from sucking.

If the calf dies, its hide is dried, folded properly and a little salt solution is sprinkled on it to make it taste pleasant when licked by the dam while being milked. Before milking, the teats are washed or cleaned with warm water to stimulate the milk flow.

14: Johnston G-4, 5 (no date) 1904 FL11 Luo FL11

blocks on the upper part of the arm. The wooden blocks are coloured red with oxide of iron. A band strung with small pieces of wood of the same colour is sometimes worn round the forehead. Some of the married men wear a semi-circle of ivory on the forehead, made of the split canine teeth of the hippopotamus. (The tooth, however, I am informed, is not split, but ground down until it is only an eighth of an inch thick.) Others wear the tusks of a wart-hog. The Ja-luo men, like most of the tribes of Nilotic origin, frequently adopt a curious stork-like attitude, standing on some hillock or ant-hill on one leg with the other leg bent and the sole of the foot apposed to the inner side of the knee of the leg on which the body is poised. They usually wear sandals of leather when travelling.

The Ja-luo live much by *agriculture*. They cultivate *sorghum, sweet potatoes, peas, beans, eleusine, pumpkins, tobacco, and hemp*. Salt is made from the ashes of reeds. They eat practically *all kinds of meat* except the hyæna. Young men eat leopard in order to make them fierce in war. The crested crane is universally protected, and is never killed. The women do not eat fowls, and some women do not eat sheep or eggs. Some eat hippopotamus, and some refuse that meat. Women do not drink milk, but eat it cooked with food. They have a disagreeable custom of mixing cows' urine with the milk of the cow. The urine is allowed to stand a day or two in order to increase its flavour. The people say that this admixture increases the amount of butter in the milk. They like the flavour, and think that it has medicinal value. They kill oxen by sticking a knife into the jugular vein. The head must be pointed to the west during the operation. Sheep and goats are killed in the same manner. Besides the flesh of fowls, cattle, sheep, and goats, they eat large quantities of fish, which they obtain from the rivers, and, above all, from the waters of the Victoria Nyanza.

Cooking is done entirely by women in earthen pots inside the hut or on the verandah, and the food is served in little wicker baskets. Father and sons eat together in a little separate hut which has open sides. Women eat separately from the men inside their own houses.

They do not *hunt* much with dogs, but catch a good deal of game in pitfalls. They will also attack the elephant with spears. Fish is caught in the Victoria Nyanza by means of large, conical wicker traps called "dema." The process is as follows: They bring two very long ropes, one end of each of which is firmly secured to the shore. One rope lies, weighted, along the bottom under the water, the other floats on the surface, but from it hangs a fringe of papyrus stalks. The two ropes above and below correspond with its other, and are connected at intervals with strings to ensure their correspondence, while the fringe of papyrus

16: Northcote G-5 (no date) 1907 FL11 Luo FL11

storm of rain broke over the valley, and next morning the complainants were back again to point out that his refusal to come in at the Bwana's summons had so frightened the rain-maker that he had sent rain next day, and to offer most hearty thanks for the white man's beneficent interference.

Though the Jaluo have good manners on the whole, some of their customs are decidedly the reverse of civilised. In common with the other Nilotic tribes of British East Africa, they draw blood from the living cattle and drink it. The custom, however, has its justification, for in many parts of Kavirondo this is the only method by which the natives can obtain salt. Also the older men are confirmed drunkards and hemp smokers, which causes them to age very quickly and probably shortens the average term of life.

Those who dwell on the shores of the great lake and of the larger rivers are expert fishermen: they catch fish with rod and line, a sunken trawl line, in weirs, by woven grass substitutes for nets, and by spearing them with four-pronged wooden spears which they throw with extraordinary accuracy. They are also keen huntsmen, though of little use out shooting, and possess highly trained dogs which will run down an oribi or hare or find a wounded guinea fowl knocked down by their throwing sticks.

In character they are naturally very honest, except with regard to cattle, a temptation which no East African can withstand. They are extremely jealous of any relations between their women and men of other tribes, nations or colour; but among themselves an unmarried woman who has reached the age of puberty may have as many friends, as they call them, as she likes, provided that they come from another clan; after marriage she must confine her attentions to her husband.

Perhaps their most pleasant trait is their love of fun and laughter: the feeblest joke or the slightest bit of horse-play will set them in roars of laughter. For hospitality and industry they have a well-earned name; they are, in fact, in every way most amenable when treated with a little kindness and consideration. They have a considerable knowledge of blacksmith's work, though the spears which they turn out cannot be compared with those of the Masai for fine work. With the latter tribe, however, they show a well-developed artistic sense, the designs on their shields being generally handsome and well carried out. They are also very fond of music—of a kind: they play upon an eight-stringed harp, which is mainly used to provide an accompaniment to their extempore songs, composed in the heroic or comic vein.

Speaking generally and comparatively they are a peaceful, non-aggressive folk, though the common impression that they are cowards is ridiculously wrong: in the writer's small experience of African tribes they have shown themselves better fighters than the much-lauded Swahili, and better policemen than the dreaded Masai; they are certainly more amenable to discipline and less inclined to prefer their own wisdom to that of their officers.

On the other hand they are most painfully litigious: civil cases which arose in

20:Ominde I-5 (ca. 1948) 1952
FL11 Luo FL11

Childless marriages. Failure to have a child is a great disaster in the home. The idea of the perpetuation of their kind is so deeply rooted in the minds of the Luo people that a childless marriage generally culminates in the breaking up of the home concerned, the husband usually being advised by his relatives to marry a second wife. Although results may prove that it is the husband who is defective, priority is always given to men to prove their fecundity. Thus a woman is forbidden by the social conventions to attempt to prove on her own initiative that she can give birth to children. 842 [586]

If through the second marriage the husband is proved to be sterile, his wives may one by one desert him. On the other hand, this great desire for children may lead him to carry on his name through the secret offices of the woman's brothers-in-law. Otherwise he must face the inevitable fate of having his family broken up. [586]

Women's diet after birth. For the first week after childbirth, the mother's food is limited to gruel, fish, and green vegetables. 'Bo', which is one of the vegetable pulses, is excluded on account of the trouble it gives to the stomach. During this early period meat is not eaten because most women complain that it makes the stomach tight. Hard food, such as boiled maize, is also avoided at this time. Although tea and coffee are occasionally drunk by the more fortunate families, the drink which pleases women most at this time is gruel. They are allowed to take a lot of it as people believe that it helps in the formation of the milk which is so important for feeding the new baby. 846 262 [272] [853]

The period of this considered treatment is brief, lasting for about a month at the most. Much depends on the economic resources of the family concerned, and the poorer the family is, the shorter is the time that careful attention can be given.